

## 5 Holy Names-What do they mean?

*Expand Messages*

- klm178

Message 1 of 3 , Jul 5, 2003

- What is the meaning of each of the 5 holy names, jot niranjan, onkar, rarankar, sohung, sat nam? I know that each is supposed to be the name of the ruler of 5 of the inner realms. However, what do the words themselves actually mean?

- onitamo

Jul 8, 2003

- -- In [santmatcharanradhasoamifacts@yahoogroups.com](mailto:santmatcharanradhasoamifacts@yahoogroups.com), klm178 <no\_reply@y...> wrote:

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onkar,

> rarankar, sohung, sat nam? I know that each is supposed to be the  
> name of the ruler of 5 of the inner realms. However, what do the  
> words themselves actually mean?

Hi,

I have also analytic mind and tried to find what is the meaning of mantras.

(one person wrote somewhere that if you try to understand what mantra means it is like analyzing joke word by word and than you miss the point of joke..) but I did it and found as much as this:

1. this are not the names of some ` rulers of this 5 planes'

as

initiator said to my group when I was initiated.I understood some of them are words with meaning,not the names of a person..but it can be

tthe name too.For ex.Niranjan is common male indian name..

jot=light (Joty)

Niranjan

if you read this beautiful Kabir's poem

<http://www.boloji.com/kabir/mysticsongs/km12.htm> you will understand meaning.Read first in Sanskrit (or hindi) and lookat the translation.

(Ram Niranjan..=.. Untainted Ram..)..

Onkar...

(I asked during initiation if this was not Omkar because I heard this

term in hindu religion before. Answer was `no'...) often they don't know themselves who are initiators what and where this words comes... "The root of Onkar is traceable to the Hindu sacred syllable Om, also written as Aum.

..There is One and only One God who is transcendent as well as immanent.."

<http://altreligion.about.com/library/glossary/symbols/bldefsekonkar.htm>

Definition: A symbol of the unity of God, found on Sikh Gurudwaras. Ek Onkar means "God is one," and the symbol is derived from the Sanskrit OM.

<http://www.sikh.net/community/>

EK Onkar The most significant word used in the Sikh teachings. EK Onkar are the first two words of Siri Guru Granth Sahib Ji and also Mool Mantar.

Literally, Ek means 'ONE' emphasizing the oneness of God, which is the basics of Sikhism. Onkar means The Onkar is derived from the Sanskrit word Om which consists of three syllable sounds representing the trinity of Bramha, Vishnu and Shiva. Onkar therefore means GOD in His entirety

Rarankar –

Here is something interesting..I copied one excerpt from this page...

it is some sort of yoga..

[http://www3.sympatico.ca/sanjay\\_kjha/Vihangam\\_5.htm](http://www3.sympatico.ca/sanjay_kjha/Vihangam_5.htm)

"..The concentrations on the various chakras in the body are associated with the utterances, of different Mantras or code words. Similarly the code word for different sounds produced when the life force (Pranas) reaches various points in the head are repeated by the aspirants and there ends their meditation. These audible sound are Niranjana, Om, Soham, Shakti and Rarankar which are heard when the consciousness reaches the tip of nose, the Trikuti, the Bhanwar Gupha, a spot between the Gupha and the top of the head and lastly he Brahma Randra or the tenth gate respectively. As the practitioner's consciousness reaches the head region, he also hears the..."

Sohang

(sohung) ...comes from so-hum (soham)(sanskrit mantra)

[http://a1.nu/ching-hai/c/ching\\_hai\\_secrets.htm](http://a1.nu/ching-hai/c/ching_hai_secrets.htm)

so hung = I am as Thou are

Sat = Truth

Naam = Name

- Nick

Message 3 of 3 , Jul 8, 2012

## 5 holy names

Thanks for your answers to the question on the 5 holy names and their meanings. I am a former member of MSIA (Movement of Spiritual Inner Awareness, founded by the American John-Roger Hinkins). MSIA devotees use the same cosmology and mantras as Sant Mat. Well, actually, it's the same but slightly out of sequence. The sequence is Jot Niranjana, Ra Rankar, Om Kar (note the Om, not On), etc. I am curious to know how the mantras are taught in the Sant Mat tradition. Group instructed, or by personal initiation? In MSIA, it's done via private initiation. The initiate has to "earn" each mantra as he pierces each spiritual realm through silent repetition of the "tones" for two hours each day. The first two mantras (names of the lords of the Astral and Causal realms, respectively) are imparted at the first initiation, which is earned through studying monthly discourses and chanting Hu or Ani-Hu for the first two years. The third mantra (Mental realm) is given when the initiate is deemed to be ready. Ditto the fourth and fifth mantras (Ethereal and Soul realms). Can anyone tell me how the mantras are imparted in the Sant Mat tradition?

<https://groups.yahoo.com/neo/groups/santmatcharanradhasoamifacts/conversations/topics/1186>